

The Winooski Newsletter

A newsletter created in partnership by the City of Winooski and the Winooski School District.

DECEMBER 2021



WINOOSKI SCHOOLS
We are the future.



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Letter from the Mayor

By Mayor Kristine Lott

Hello Neighbors,
The City of Winooski is focused on two major items right now: All Resident Voting, and the fiscal year 2023 (FY23) budget process.

As you may recall, in November 2020 voters of Winooski approved a change to our city charter to allow all legal residents to vote on local issues regardless of citizenship status. You can view information on this process at winooski.vt.gov/charterchange. The State Legislature approved that change this year, and we are preparing to support expanded voting this March, on Town Meeting Day.

On March 1, all residents will be able to vote on City and School budgets, City Councilors and School Board members, and other local-only ballot items. Staff are working with community partners to begin outreach and education to potential new voters. The registration form and procedure for Winooski-only voting, as well as all of our general voting information, can be found at winooski.vt.gov/vote.

If you're not registered to vote yet, I encourage you to do so! You can register to vote right up until the day of the election - online, in person, or by mail.

As for the FY23 budget process, see our City Council schedule below. Meetings are held on Mondays at 6pm with virtual and in-person attendance options. These meetings will cover different areas of service as we plan for the upcoming budget and are a great way to learn about our services, staffing, and costs to the community. To learn more, visit winooski.vt.gov/fy23.



- **December 6:** General Government, Permits, Elections, Taxes
- **December 13:** Community Services, Parks & Recreation
- **January 3:** Public Works and Capital Planning, Streets, Water & Waste
- **January 10:** Public Safety, Police, Fire & Code
- **January 18:** Overall Budget Discussion
- **January 24:** Final Budget Approval

Thank you, and look forward to hearing from you. Email me at klott@winooski.vt.gov or call 802-766-1988.

Celebrating 100!

Coming up next March is the City of Winooski's 100th birthday on March 7, 2022. We have begun to celebrate this milestone by highlighting our people, places, and traditions. Visit the Winooski Legacy campaign site to learn more at legacy.winooski.vt.gov.





SCHOOL BOARD UPDATE

Multi-Stakeholder Group

By Kamal Dahal, Board of School Trustees

Each November we get to witness the transition of colorful mountains going completely naked and then slowly covering themselves with a white blanket. It is also a month of festivals, holidays, and time for us to renew and rejuvenate. Diwali, a festival of light, was celebrated recently by many Winooski residents with lighting 'Diya' (small oil lamps made from clay). For many, it signifies the importance of light amid the darkness. For some, it symbolized joy and hope amidst anxiety and uncertainty caused by two years of a global pandemic. Likewise, Thanksgiving is another holiday for this month, allowing us to reflect on our past year, and express our gratitude.

Thanksgiving, Diwali, Veterans Day, and all other November holidays and festivals provide us an opportunity to share our joys with our families, neighbors, and the broader community. They enhance our sense of belonging in the community, which ultimately helps us feel more comfortable and safer. Safety is a sense of assurance that you are away from any perceived danger.

Speaking of safety, back in April, the WSD board had a meeting to discuss safety and to make the decision regarding the School Resource Officer (SRO) position. Before this meeting, a series of community engagement meetings on safety were held, and student surveys regarding their views on school safety were conducted. Many students (of color) had raised concerns about their physical and emotional safety in the presence of an officer with a gun in the school. Likewise, many parents and some students have expressed their desire to retain the SRO's position in its current form. After listening from many members of the public, parents, and students; the board decided to keep the SRO position for the 2021-22 school year, and to form a multi-stakeholder group working group to provide the superintendent with recommendations on how to ensure the physical and emotional safety and security of all students at school. Of course, this included the discussion of the future of SRO position.

This multi-stakeholder group was designed to have members with differing views on this topic, who would have the opportunity to listen to each other and to provide recommendations to the school superintendent. Although the primary purpose of this group was to discuss safety and provide recommendation, it was also an opportunity for the community to listen to each other's points of view and avoid further divisiveness on this issue. The task was outsourced to a facilitator with a neutral view on this issue. The facilitator for this group is also an expert on conflict management and resolution.

The multi-stakeholder work began with a series of interviews conducted by the facilitator to many stakeholders and members of this public. After the interview process, eight members were

formally invited to join this ad-hoc volunteer group. I was one of them, but to be clear I joined this group as a Winooski resident and not representing the Winooski School District Board.

The first virtual meeting was mostly introduction, agreement on the ground rules, and structure on the format of the future discussions. The second session was also a virtual meeting to learn about the role of SRO, the nature of the job, and its critical functions. The police chief and current SRO were invited to this meeting to express their views and answer questions. The third meeting was an in-person meeting at the library to get the staffs', students', and parents' perspectives. The meeting had fewer students present

than anticipated, and those few students had to leave before the conversation was over. Thus, the follow-up was scheduled, and former students were invited to express their perspectives on the issue. There was an additional virtual meeting to discuss the data trend, followed by two other meetings to finalize the recommendations.

After listening to all the guests and invitees and after a thorough discussion, the facilitator presented the group with six different models. Below are the recommendations we discussed.

1. Retaining the SRO model with some accountability to reporting changes
2. Creating a District Liaison Officer (DLO) instead of the current SRO
3. Replacing SRO with school safety coach model
4. Hybrid of Model 2 & 3
5. Completing eliminating the SRO
6. Eliminate SRO and replace it with other positions.

The merits and demerits of each of these positions were thoroughly discussed, and the group took concerns from all sides into consideration. The final version of the report and recommendation will be handed to the superintendent, with some additional details.

Lastly, although the multi-stakeholder group did not come to a consensus on all discussions, the group did get an opportunity to listen to each other's viewpoints and value each other's perspectives. I truly believe that this group provided space and opportunity to listen to each other's perspectives and ultimately unite us on finding a common goal – safety for all. Although, Diwali's 'Diya' might have been out on many houses by now, may the 'Diya' of unity and love continues to light our town till eternity. Happy Diwali again!

Standing Against Racism in School Athletic Programs

By Emily Hecker, WSD Communications Director

This fall, Winooski High School Varsity athletes came forward and took a stand against being verbally assaulted at games. Sadly, they aren't the first Vermont students to speak up and call on our State leaders to defend them and ensure their safety on the field. But they were finally heard. After decades of painful reports of racism at Vermont high school athletic events, policy makers are taking action.

Superintendent McMannon's public statement calling on the Vermont Principals' Association (VPA) to develop policies and procedures that would reduce overt racism at school-sponsored athletic games was received with resolve to make things better. The VPA was supported in their work by school district leaders across the state. Our district is grateful for the outpouring of support from our community, and those who stand in solidarity with our students of color, so that all Vermont student-athletes can feel safer on and off the soccer field.

We encourage everyone to keep pressure on the system that has allowed racism to harm so many members of our learning community. As our basketball season begins, we ask Winooski student-athletes and fans to stay vigilant against racial violence at games. If you see or hear something use VPA website (bit.ly/VPAConcerns) to report your concerns. Together we are #WinooskiStrong.

As noted in a Vermont Principals Association press release on October 19, a number of initiatives have begun to try and address this important issue. They include;

1. A Statement for School Sponsored Events and Activities (see sidebar) is now being read before each school sponsored event. This statement was developed in conjunction with the Vermont Superintendents Association and the Vermont State Athletic Directors Association.
2. The VPA has now opened a log on its website where reports of concerning incident can be logged by school officials, students and fans. The VPA forwards any reported incidents to local officials for investigation.
3. Implicit bias training is now required of all coaches at VPA member schools. In addition, this training will be required of all officials.
4. The VPA has built a third party investigation option, in collaboration with the Vermont Superintendents Association, for schools/districts to utilize when incidents occur and the results are not agreed upon.
5. The Diversity Equity and Inclusion in Activities Committee has met and has begun the process of reviewing additional policy language and specific expectations for officials, coaches and administration when alleged incidents occur.
6. A course entitled "Beyond Bias" has been offered to all Athletic Directors in the state. Several sections of this course have already been established and will be running soon. Additional sections are also being offered to the officials of the various sports we offer.



Statement for School Sponsored Events and Activities

_____(participating schools)_____, in conjunction with The Vermont Principals' Association, the Vermont Superintendents Association, and the Vermont School Athletic Directors Association require participants and spectators to behave in a respectful manner. Sportsmanship and a safe playing environment are the top priorities for all Vermont school-sponsored activities. Vermont law requires learning environments free from hazing, harassment, and bullying of any kind. This is especially true with respect to a person's race, gender, sexual orientation, religion, national origin, ethnic differences, or disability. Under no circumstances should any student athletes, officials, or coaches, be subjected to behavior and/or language aimed to demean, disrespect or harm.

If behavior or hate speech of this kind is observed and/or reported, the officials will stop the event immediately to meet with the coaches and the site administrator about the next course of action. Possible outcomes of violating this expectation include:

- An immediate ejection from the event
- Ending the event early and returning home
- Possible forfeiture of the event or future events
- Resuming the game without fans
- Scheduling future games without fans
- Restrictions/suspensions from future attendance/participation

Adults and student athletes are encouraged and expected to work together to ensure a meaningful and safe learning environment for our communities to grow and thrive together. Thank you to all participants for helping ensure the highest levels of respect and safety for all.

(This Statement was written in the Fall of 2021. The VPA is asking for this statement to be read at the beginning of all school sponsored events).

Defining Expectations

By Kayla Loving, Restorative Justice Coordinator

The Antiracism Steering Committee (ARSC) has been supporting the Action Demand Groups troubleshooting the barriers identified by the groups. The main obstacle that needs to be addressed before the groups can move forward with their work is that the groups need



to reflect the makeup of the community. The voices of youth and BIPOC folx are absolutely essential for bringing demands to life as was outlined by the Winooski Students for Antiracism (WSA). In the last meeting, the youth on the ARSC identified barriers and strategies for recruiting youth. Other members of the ARSC outlined responsibilities for the action groups and an action plan for recruitment.

One way to support youth voice in the ARSC is providing a space where they can

ask questions, share, and process that is designed for them. Matt Gile, School Librarian, and Kayla Loving, Restorative Justice Coordinator, started an Antiracism Club for middle and high school students after school every Monday. This club provides opportunities for students to learn and talk about antiracism, become familiar with the antiracist demands created by WSA, and support

the work in ways that work for them.

Here are updates from the Action Demand Groups:

1. *Truth and Reconciliation Commission:* This group is learning about Truth and Reconciliation Commissions and looking for content experts. They are recruiting youth before moving forward with actions.
2. *Hiring and Retaining Teachers of Color:* The school received a grant to hire a liaison that will work with this group.
3. *Ethnic Studies:* This group is exploring a



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budget and timeline for their work.

4. *Equity Review:* This group is working with the group that will be conducting the Equity Audit and making the report a central part of its work.
5. *Student Civil Rights:* They are working on recruiting youth. They are looking for ways that they can set up workshops twice a year on student civil rights.
6. *Multilingual Learner Mentorship:* This group is looking for youth to join. They are identifying students who don't have mentors and doing long-term planning for recruiting mentors.

For more information about the ARSC, visit the Equity and Antiracism website. If you're interested in joining the Action Demand Groups, email wsdarsc@gmail.com.

Here Comes The Sun

By Mike McCarthy, SunCommon

SunCommon is excited to have the Winooski Schools' solar project well underway. We have hung the inverters that will turn the DC energy from solar panels into the AC energy we use everyday. About half of the racking that will hold for the solar modules has been installed on sections of the roof that are new or have been reroofed as part of the underlying construction project. Once we're done there will be 750kWp generating over \$100,000 per year of clean energy.



BUILDING THE FUTURE OF THE WINOOSKI SCHOOL DISTRICT



RESTORATIVE JUSTICE IN THE WINOOSKI SCHOOL DISTRICT

The Winooski Restorative Justice for Multicultural Youth Project, launched in 2020, is a collaboration between the Winooski School District, Spectrum Youth and Family Services, UP for Learning, and the City of Winooski with funding from the Vermont Department of Children and Families and an anonymous donor. This monthly column will highlight the Restorative Justice work happening across the district among different groups. For more information please scan the QR code to visit our website.



Introducing the Youth Interventionist

By Kayla Loving

Francine Bahati was hired as the Youth Interventionist for the City of Winooski in August 2021. The Youth Interventionist works to support the wellbeing of at-risk youth by helping them identify sustainable goals for stability and working through pathways to connection in the community avoiding contact with the justice system. Francine acts as a bridge between the juvenile justice system and the community.



Francine knows Winooski well. She moved to Winooski from Tanzania when she was six years old. “It was a great place to grow up.” She attended Winooski School District until 9th grade when she transferred to Burlington High School. She has three siblings including Claudine Nkurinziza, the Director of the Thrive program. “I love Winooski for its quietness. Everyone is familiar. I love seeing community members out supporting one another.”

Francine returned to the Winooski School District to work as a paraeducator for special needs students for three years.

She also worked as the Thrive Program Assistant for three years while pursuing a Social Work degree at the University of Vermont with an expected graduation date of Spring 2023. She hopes to become a guidance counselor one day. “I had a great experience with a guidance counselor and want to support kids who are at risk. I want to give them the same assistance and care that I received.” Her Social Work program supports her work as the Youth Interventionist by going through policies from a strengths-based perspective. Her professors are supportive by answering her questions.

Francine applied to be the Youth Interventionist because she saw that Winooski is in a pivotal moment and felt that this role would allow her to have a stronger impact in the changes that the community is making. “Winooski has the goal of being tight-knit and inclusive. It needs to make sure that it’s listening to community members and taking their concerns into consideration.” Francine’s workspace is housed in the O’Brien Community Center, but you will often see her around town and at the school.

JFK Multilingual Learner (ML) Teachers present at Conference

By Sarah Forbes

Elizabeth Wood and Sarah Forbes presented at the latest Northern New England TESOL (NNETESOL) conference online where the theme was Social Justice and Anti-racist Pedagogy on Saturday, November 6. Wood and Forbes’ presentation, entitled “Getting Started with Restorative Circles,” allowed participants to hear about the work that has been done under the leadership of Kayla Loving of Spectrum Youth and Family services around restorative practices and circles. The presentation covered a brief history of restorative practices, and outlined some of the benefits of using circles as staff to process the events of the past couple of years, as well as how circles can be used with groups of students to create community, build relationships and repair harm. The audience joined breakout rooms to experience a virtual circle for themselves.

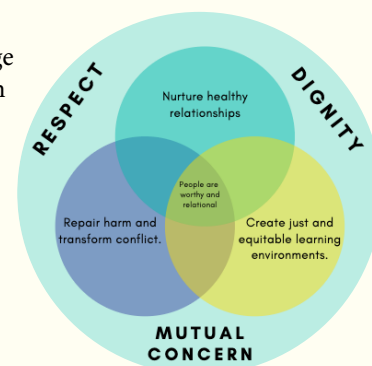
Restorative circles provide a structure that combats traditional notions of hierarchical power structures that exist in our society, schools and classrooms. As Carolyn Boyes-Watson & Kay Pranis state so eloquently in *Circle Forward: Building a Restorative School Community*:

“Our relationships mirror the structure of power in our society that is operating all the time. Schools are organized as strong hierarchies. The Circle is non-hierarchical. It is a space

of equality. Circles challenge practices around power. An authority figure cannot control the process but must instead share power with all the participants. Circles only work if everyone in the Circle cooperates without the power-based intervention of the authority figure.

This shift in responsibility takes some practice and challenges the strong need felt by authority figures, such as teachers and principals, to control the process, outcome, and the participants.” (2015, p. 25)

Wood and Forbes are proud of the work being done in Winooski Schools to implement restorative practices, and look forward to their continued implementation of circles with students.



Adapted from The Little Book of Restorative Justice in Education by Katherine Evans & Dorothy Vaandering (2016, p.5)

SCHOOL ANNOUNCEMENTS

Be Tech Wise with Babies and Young Children

By Catherine Lavigne, WSD Speech Language Pathologist, Preschool & Kindergarten

It's important to manage screens around babies, toddlers, and preschool children. Too much screen time (television, laptop computers, cell phones) can contribute to delays in speech and language development. Children learn to talk by interacting with other people. Children need time with other people to bond and communicate.

The American Academy of Pediatrics (AAP) recommends NO SCREEN TIME for babies before the age of 18 months old (1 year, 6 months old), except for occasional video chatting along with an adult. Here are some additional guidelines:

- Between 18 and 24 months old: limit screen time to watching educational programming with a caregiver.
- For children 2-5 years old: limit non-educational screen time to about 1 hour per weekday and 3 hours on the weekend days.

For more information on how to boost your child's development and communication skills from birth, download Be Tech Wise with Baby! developed by the American Speech-Language-Hearing Association and Children's Screen Time Action Network: <https://identifythesigns.org/wp-content/uploads/2020/10/Be-Tech-Wise-With-Baby.pdf>

BREAKFAST AND LUNCH

FREE

FOR ALL, EVERY DAY

STUDENTS 18 AND UNDER EAT FREE WITH THE ABBEY FOR THE ENTIRE 2021-2022 SCHOOL YEAR!

COURTESY OF THE USDA

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The Abbey Group

THE LISTEN UP
FILM PREMIERE!

An original musical based on the lives of VT teens

DID YOU MISS THE LIVE PRODUCTION THIS SUMMER?
Now you can watch the filmed version of the show on the Big Screen!

FRIDAY, DEC 3 - 7PM
MAIN STREET LANDING FILM HOUSE
BURLINGTON

TICKETS \$15
LIMITED SEATING

To reserve your tickets, email producer Bess O'Brien at bobrien@pshift.com
Audience members must show proof of vaccination and be masked. Thank you for your understanding.

"LISTEN UP IS YOUNG PEOPLE EXPRESSING THEIR PUREST AND TRUEST EMOTIONS. IT IS SO EXCITING TO SEE!" - Kasha Ram, Vermont Senator

"IT IS SO IMPORTANT TO ACKNOWLEDGE THE REALITY THAT YOUNG PEOPLE FACE...AND TO GIVE THEM A PLATFORM TO IMAGINE A BETTER WORLD AND THE ROLE THEY PLAY IN IT. LISTEN UP DOES THAT!" - Peter Wicks, U.S. Congressman

FOR MORE INFORMATION GO TO www.listenupvt.org

If you missed the Listen Up tour this summer, now is your chance to see this powerful, original musical based on the lives of Vermont teens. Winooski High School student Moseka "Don" Kiputa gives an incredible performance alongside youth from across the state.

If you would like to attend, tickets are \$15 and you can reserve them by contacting Bess O'Brien at bobrien@pshift.com

Knights of Columbus Provides Winter Coats

By Greg Clairmont

Knights of Columbus Saint Stephen's Council #2284's Worthy Grand Knight Gregory Clairmont presents to Winooski School District's Wellness Coordinator Jaycie Puttlitz four large boxes of brand new winter coats for the Winooski School Children on Thursday Morning! Go Spartans Go!!!



SCHOOL ANNOUNCEMENTS

Student Winter Transportation: Using Public Transportation to Get to School Safely

By Emily Hecker, WSD Communications Director

Last year, the WSD School Board approved funds to provide winter transportation this school year. Unfortunately, due to a severe statewide bus driver shortage, local school bus companies are unable to fulfill our request to provide winter transportation. This is not because of a lack of money, but because there are not enough trained drivers to drive the buses.

We are very disappointed that we are unable to provide school bus transportation this year because we know this is important to our students and their families. So, we have worked with Green Mountain Transit (GMT) on a plan to provide public bus transportation to and from school. **Riding GMT buses is FREE for everyone this year.**

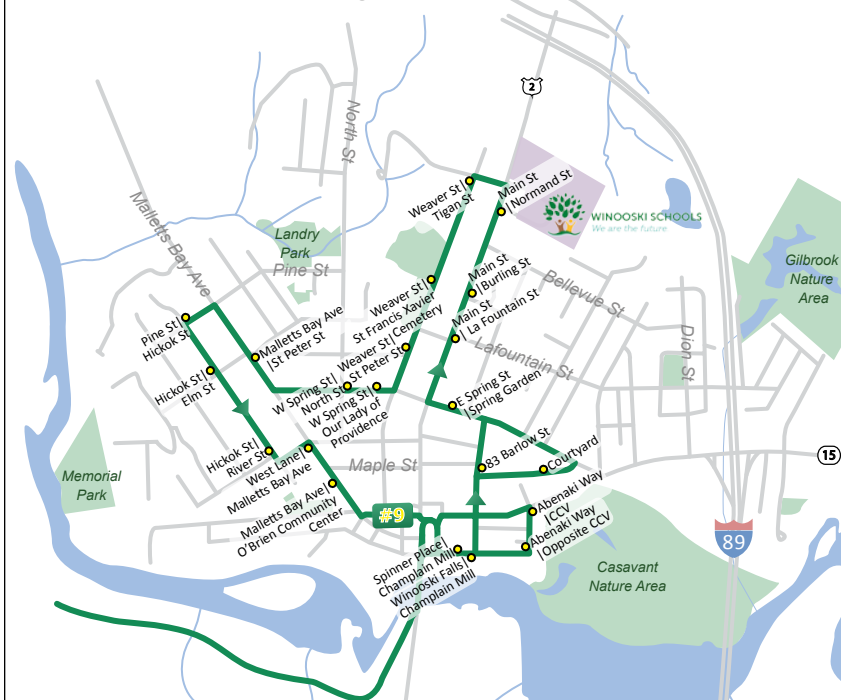
Here is the current plan for riding a GMT bus to school:

- Winooski students catch the #9 bus when it loops through the Elm/Hickock neighborhood around 7:21am, and then get off the bus at Winooski Falls/Spinner Place at 7:26am
- Students will wait at the Winooski Falls/Spinner Place stop for 10 minutes
- Winooski students catch the next outbound #9 at 7:39am, and get off the bus at Normand St around 7:45am

We highly encourage all students to use this GMT route to and from school. Our hope is that through increased ridership by Winooski students, we could discuss options with GMT to add routes or reconfigure the route so students do not have to change buses.

Please review map for more information about where and when your child should board the bus to get to school on time.

The 1,2,3s of Riding GMT



Route #9 – Winooski Monday through Friday

Pick up Times	Locations
7:17 AM	Weaver St Tigan St Weaver St St Francis Xavier Cemetery Weaver St St Peter St W Spring St Our Lady of Providence W Spring St North St Malletts Bay Ave St Peter St Pine St Hickok St
7:21 AM	Hickok St Elm St Hickok St River St West Ln Malletts Bay Ave Malletts Bay Ave O'Brien Community Center
7:26 AM	Spinner's Place Champlain Mill <i>*Students should get off the bus here and walk to Winooski Falls Champlain Mill to go up the hill</i>
7:39 AM	Winooski Falls Champlain Mill Abenaki Way CCV
7:43 AM	83 Barlow St Courtyard E Spring St Spring Garden Main St La Fountain St Main St Burling St
7:46 AM	Winooski Schools Drop off
Drop off Times	Locations
3:16 PM	Winooski Schools Pick up
3:17 PM	Weaver St Tigan St Weaver St St Francis Xavier Cemetery Weaver St St Peter St W Spring St Our Lady of Providence W Spring St North St Malletts Bay Ave St Peter St Pine St Hickok St
3:21 PM	Hickok St Elm St Hickok St River St West Ln Malletts Bay Ave Malletts Bay Ave O'Brien Community Center
3:26 PM	Spinner's Place Champlain Mill <i>*If students are going uphill they should get off the bus here and walk to Winooski Falls Champlain Mill</i> Abenaki Way Opposite CCV
3:39 PM	Winooski Falls Champlain Mill Abenaki Way CCV
3:43 PM	83 Barlow St Courtyard E Spring St Spring Garden Main St La Fountain St Main St Burling St

1. Find Your Stop: The map at left shows all the bus stops in Winooski. Use this to figure out where to get on. It is best to arrive at the stop a few minutes early as stop times can vary.

2. Check Destination: Always check the sign on the front of the bus before you board. The sign will display the route number and its destination. As you board, remember to put on your mask.

3. Request Your Stop: About a block before your stop, pull the yellow cord to signal the bus driver, you should hear a ding when this happens. For your safety, wait for the bus to come to a complete stop before moving to exit the bus.

Surrealist Self-Portraits

By Emily Jacobs, WMS Visual Arts Teacher

Our WMS art students recently completed their annual Surrealist Self-Portraits, and have created some truly amazing works of art.

In this project, each student demonstrates use of visual symbolism to express their identity, but also their understanding of Surrealism and their mastery of advanced portraiture skills. Additionally, students practice creating depth in their artwork by including a visual foreground, middle ground, and background.

Check out the WSD Instagram page — @winooskilearns — to see more of these incredible portraits!



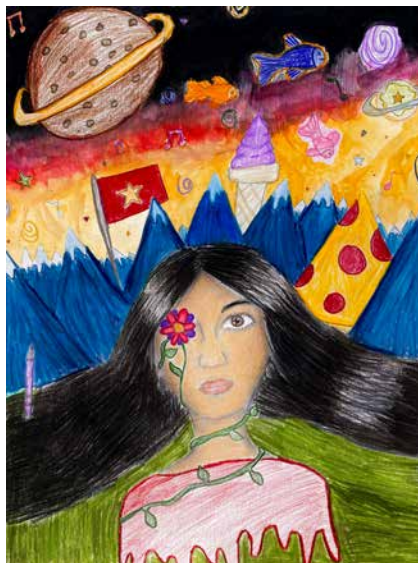
Samantha S



Eliza W



Mohamed M



Hue V



Jesse M



Alisha G



Moo July H



Jatniel A

Boys Soccer Team Season Recap

By Stephen E. Feiss

The boys soccer team had another successful season. We finished as Co-Champions of the NVAC Mountain League with an overall record of 12 wins and only 2 losses. The team improved in many ways over the course of the season both in our style of play and ability. We had many players receive recognition for their outstanding play:

All-State and Mountain League

1st Team:

- Yusufu Mami
- Shabani Omar
- Emmanuel Omar

Mountain League 2nd Team:

- Ahmad Abdilah
- Nuru Mami
- Hussein Abdulaziz

Mountain League Honorable Mention:

- Janvier Mufame
- Sarbin Majhi
- Umesh Pradhan
- Heritier Mampuya
- Kitete Selemani
- Abdul Lailati

In contrast to our success on the scoreboard it was also an emotional season as some of our players were the targets of some very unfortunate racist behavior. This is regrettably not a new phenomenon, however some good did come of it as the VPA (the organizational body in charge of Vermont Interscholastic Athletics), took a good first step and has implemented some new policies and requirements to address, and hopefully curb, these kinds of incidences.

On behalf of the entire team thank you to the greater Winooski community for your unwavering support. We look forward to seeing you on the sidelines next season!

Looking for Something to do Afterschool at Winooski Middle School?

Nancy Keller, WMS teacher and 21st CCLC Afterschool Coordinator

Winooski Middle School students are back in the classroom and in afterschool activities! Along with our robust soccer program for middle school boys and girls, students have also had the opportunity to participate in a diverse offering of classes with our 21st CCLC Afterschool Programs. Anyone walking through the middle school after 3:00pm will be greeted by the energetic (and sometimes musical) sounds of middle schoolers laughing, talking, running, building, and playing. Coordinated by WSD's 21st CCLC Director Suzanne Skaflestad, programs offered to middle schoolers this fall have included:

- Middle School FUN, a high-interest and active drop-in program for middle school students
- Intermediate Violin Class, group lessons for budding violin students
- WMS's Anti-Racism Club, a student action group dedicated to becoming an anti-racist school district
- Lego Physics, an exploration of core physics concepts through lego construction
- Rosie's Girls, an introduction to STEM-skilled trades and activities
- Anything Goes, academic support for any class
- Above the Influence, a student club devoted to learning about the health impacts of substances and working for community change
- STARBASE 2.0, a "hands-on, mind-on" STEM (rockets and robots) program
- Linking Engineering to Life, a STEM program with UVM's College of Engineering
- Writing Club, a drop-in writing workshop for middle and high school students
- Instrumental Support, a musical ensemble opportunity for band and orchestra students

Interested in signing up? More programs for elementary, middle, and high school students will be offered beginning in January 2022. Visit WSD's website (wsdvt.org) and select "Parents and Families" from the main menu to learn more. Have a question? Please email or call Suzanne Skaflestad at skaflestad@wsdvt.org or 802-655-6041. We hope to see even more students after school!



UVM Engineering Mentors and WMS students work together to design solutions in Linking Engineering to Life in partnership with Vermont Afterschool, and UVM Engineering Mentors, AHEC, and our talented WMS teacher, Gina Krol.



Can you draw a pumpkin on a whiteboard balanced on your head? How about crafting a bracelet? WMS students give it a try in Middle School Fun. Thank you, Ms. Poleman, WMS teacher, for bringing your positive energy and enthusiasm to afterschool!



Need a birdhouse? WMS students learn STEM and trade skills in Rosie's Girls in partnership with Vermont Works for Women. Building relationships, making connections, creating projects and more!



New this year, the Intermediate Violin class in partnership with Vermont Youth Orchestra Association, focuses on ensemble playing and skill building for 4th through 8th grade students. A special thank you to Rosina Cannizzaro, Executive Director, VYOA for bringing new resources to make this program happen!



Physics, Robots and Legos? Ask WMS students about the connection in Lego Physics, a partnership with the City of Winooski. Thank you, Parks and Recreation Manager Jenny Hill, for your creativity!



Rockets, built by WMS students in STARBASE 2.0, were just launched! Thank you, Paige Clark, otherwise known as Ladybug, for your continued partnership!



Games, conversation, and social change with WMS students in Above the Influence in partnership with The Winooski Partnership for Prevention. Thank you, Ms. Nugent, for sharing your expertise with our students and building their knowledge and leadership skills!



Keyboard, percussion, wind, brass or strings... WMS students play them all in Instrumental Music Support with the amazing WMHS music teacher, Mr. Argraves!

Health Information

By Elizabeth Parris, BSN, RN, NCSN

The goal of the health office is to keep students in school learning and keep COVID out. This process can be nuanced. "It's just a cold" is a phrase that the nurses are starting to hear more frequently from members of our learning community. In 99% of the cases, the individual is probably correct. However, as we have discussed previously, the only way to keep the schools open and keep everyone safe is to keep COVID out. Therefore, if you have ANY symptoms of covid 19, regardless of your vaccination status-you MUST go home or stay home. Please call the COVID hotline at 802- 556-2243 to discuss next steps with the nurses.

Also, if you have not already received your flu or COVID vaccine, please contact your personal care provider to see if this is right for you.




Ms. Poleman also provides academic support to middle and high school students in Anything Goes on Wednesdays and Fridays!




Students stay after school to write novels for National Novel Writing Month #NANO WRIMO in Writing Club. Thank you, WHS Teacher Ms. Schneider, for providing opportunities for self-expression!

WINOOSKI SCHOOL MENUS





Winooski Elementary School Breakfast

December 2021



=Vegetarian

Menus are subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Please advise us if special meal accommodations are required for allergens or other special dietary needs.</p>		<p>1 ✓ Breakfast Round Asst. WG Cereal Honey Roasted Sunflower seeds Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	<p>2 ✓ Bagel w/ Cream Cheese Asst. WG Cereal Honey Roasted Sunflower seeds Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	<p>3 Fruit Filled Muffin Honey Roasted Sunflower seeds Asst. WG Cereal Honey Roasted Sunflower seeds Assorted Fresh, Dried or Canned Fruit Milk Variety</p>
<p>6 Iced Breakfast Bun Asst. WG Cereal Honey Roasted Sunflower seeds Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	<p>7 Blueberry Bread Asst. WG Cereal Honey Roasted Sunflower seeds Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	<p>8 ✓ Breakfast Round Asst. WG Cereal Honey Roasted Sunflower seeds Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	<p>9 ✓ Bagel w/ Cream Cheese Asst. WG Cereal Honey Roasted Sunflower seeds Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	<p>10 Fruit Filled Muffin Honey Roasted Sunflower seeds Asst. WG Cereal Honey Roasted Sunflower seeds Assorted Fresh, Dried or Canned Fruit Milk Variety</p>
<p>13 Iced Breakfast Bun Asst. WG Cereal Honey Roasted Sunflower seeds Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	<p>14 Blueberry Bread Asst. WG Cereal Honey Roasted Sunflower seeds Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	<p>15 ✓ Breakfast Round Asst. WG Cereal Honey Roasted Sunflower seeds Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	<p>16 ✓ Bagel w/ Cream Cheese Asst. WG Cereal Honey Roasted Sunflower seeds Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	<p>17 Fruit Filled Muffin Honey Roasted Sunflower seeds Asst. WG Cereal Honey Roasted Sunflower seeds Assorted Fresh, Dried or Canned Fruit Milk Variety</p>
<p>20 Iced Breakfast Bun Asst. WG Cereal Honey Roasted Sunflower seeds Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	<p>21 Blueberry Bread Asst. WG Cereal Honey Roasted Sunflower seeds Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	<p>22 ✓ Breakfast Round Asst. WG Cereal Honey Roasted Sunflower seeds Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	<p>23 No School</p>	<p>24 No School</p>
<p>27 No School</p>	<p>28 No School</p>	<p>29 No School</p>	<p>30 No School</p>	<p>31 No School</p>

This institution is an equal opportunity provider.

Meals Are Free To All Students


Adult Breakfast \$1.85
Adult Lunch \$3.85
Milk \$0.50

Please Click Links Below for Nutrition Information on Daily Options:
Fresh, Dried, or Canned Fruit, Skim White Milk, 1% White Milk, & Fat Free Chocolate Milk Offered With All Meals.


[Milk](#)
[Condiments](#)


Fresh, Dried Or Canned Fruit

Pay for meals on-line. Click on Link Below:




Click Image Below for employment opportunities







Winooski Elementary School Lunch

December 2021



=Vegetarian

Menus are subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Please advise us if special meal accommodations are required for allergens or other special dietary needs.</p>		<p>1 ✓ Cheese Pizza ✓ Steamed Corn ✓ Fresh Carrot Sticks Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	<p>2 ✓ Cheesy Ravioli Bake Rice Pilaf ✓ Roasted Broccoli ✓ Garlic Breadstick Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	<p>3 General Tso Chicken Rice Pilaf ✓ Roasted Broccoli ✓ Fresh Celery Sticks ✓ Dinner Roll Assorted Fresh, Dried or Canned Fruit Milk Variety</p>
<p>6 Hearty Chicken & Biscuits ✓ Steamed Carrots ✓ Steamed Green Peas Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	<p>7 Beef Taco w/ The Works ✓ Garden Salsa Rice Pilaf ✓ Baked Beans Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	<p>8 ✓ Cheesy Breadsticks ✓ Marinara Dipping Sauce ✓ Cheddar Broccoli Soup ✓ Fresh Celery Sticks Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	<p>9 ✓ Macaroni and Cheese Butternut Squash ✓ Steamed Green Beans ✓ Homemade Cornbread Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	<p>10 Layered Chicken Bowl (Popcorn Chicken, Mashed Potato, Corn, & Gravy) Maple Baked Beans ✓ Dinner Roll Assorted Fresh, Dried or Canned Fruit Milk Variety</p>
<p>13 Chicken Patty Sandwich ✓ Lettuce & Tomato ✓ Butternut Squash w/Apples ✓ Hand Cut French Fries Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	<p>14 Chicken Teriyaki Nachos ✓ Garden Salsa Rice Pilaf ✓ Seasoned Black Beans Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	<p>15 ✓ Cheese Pizza ✓ Broccoli Salad Roasted Zucchini Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	<p>16 Oven Roasted Turkey ✓ Chef's Mashed Potato Turkey Gravy ✓ Steamed Green Peas Hearty Stuffing ✓ Dinner Roll Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	<p>17 ✓ Pancakes Real Maple Syrup ✓ Sweet & White Homefries Twin Sausage Links ✓ Fresh Green Pepper Strips Assorted Fresh, Dried or Canned Fruit Milk Variety</p>
<p>20 Sloppy Joe on a Bun (Ground Beef) ✓ Roasted Sweet Potato Wedges ✓ Baked Beans Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	<p>21 Tater Tot Nachos ✓ Garden Salsa Rice Pilaf ✓ Steamed Corn Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	<p>22 ✓ Cheese Pizza ✓ Steamed Green Beans Squash Smiles Assorted Fresh, Dried or Canned Fruit Milk Variety</p>	<p>23 No School</p>	<p>24 No School</p>
<p>27 No School</p>	<p>28 No School</p>	<p>29 No School</p>	<p>30 No School</p>	<p>31 No School</p>

This institution is an equal opportunity provider.

Meals Are Free To All Students

Adult Breakfast \$1.85
Adult Lunch \$3.85
Milk \$0.50

Please Click Links Below for Nutrition Information on Daily Options:
Fruit & Yogurt Parfait w/Granola, Deli Turkey & Cheese Sandwich, Sunbutter & Jelly Sandwich w/Cheese Stick
Fresh, Dried, or Canned Fruit, Skim White Milk, 1% White Milk & Fat Free Chocolate Milk Offered With All Meals.


[Deli Options K-8](#)

Fruit & Yogurt Parfait w/Granola


[Milk](#)
[Condiments](#)

Fresh, Dried Or Canned Fruit

Pay for meals on-line. Click Image Below



Harvest of the Month:
Winter Squash



Click on the image above for more info on the Harvest of the Month!



From Your Local Representatives

Legislative Update

By Representative Taylor Small

Every 10 years, in every state across the nation, we review the census data and begin to work on reapportionment -- or redistricting -- for our statewide elections. For some states, this can be a polarizing experience due to historical and current examples of gerrymandering -- the act of manipulating the boundaries of an electoral constituency so as to favor a specific party -- which disenfranchised marginalized voters.

Here in Vermont, we rely on the work of the nonpartisan Legislative Apportionment Board to draw our draft district maps. The Board is tasked with reviewing and redrawing legislative districts to ensure that Vermont's citizens have equal representation in the General Assembly in accordance with the Fourteenth Amendment to the U.S. Constitution. This process usually happens during the first year of our legislative session, but because of delays in receiving census data, the process is happening now.

The Legislative Apportionment Board has already released their draft House district maps for Vermont. Once released, these maps then undergo review by the local city/town Board of Civil Authority to comment on the direct impact of potential changes on the constituency. Our Board of Civil Authority is made up of elected justices of the peace, city councilors, and the mayor. As a justice of the peace for Winooski, I was able to sit in and comment on this process when we met on October 27th.

The draft maps provided to our Board

of Civil Authority had two major changes to our House districts: the first is that it proposed to split Winooski into two single-member House districts, and the second was to remove a portion of Burlington which is currently part of our district. As a reminder, Winooski elects two State Representatives to the House every two years and this has historically been done by selecting the top two vote-getters on the ballot. This new split district suggestion would make it so that the voters of west Winooski would vote for one House representative and the voters of east Winooski would vote for another. The reason that the Legislative Apportionment Board has suggested this change is because single-member districts create more equity in representation; one member for one district.

When the Board of Civil Authority came together, we decided that two single-member House districts would be burdensome on city staff, difficult for voters, and could potentially lead to increased special elections if a Representative ever had to move during their term (even within the city bounds). We recommended to the Legislative Apportionment Board that Winooski stay a two-member district with the boundaries of our district matching those of Winooski. These recommendations will be considered by the Legislative Apportionment Board and a final draft will then be submitted to the Legislature for hearings and an eventual vote.

Though the draft Senate district maps have not been discussed yet, the Legislative Apportionment Board is considering various drafts created by members of the Board. This next election cycle will be different for Chittenden County Senators as we will be moving away from a six-member district, and instead will be splitting Chittenden County into three two-member Senate districts. The question still remains: who will Winooski be matched with?



Community Vision

This new section of the Winooski Newsletter is designed to keep our residents and visitors informed of the progress being made in the City's Strategic Vision areas -- or "community vision". To learn more, visit winooskivt.gov/about.

Economic Vitality

The City of Winooski will receive about \$2 million in federal COVID-19 relief funds over the next couple of years. These funds will be used to respond to the ongoing negative impacts of the pandemic as they relate to economic and infrastructure support. Recently, Winooski City Council outlined a process to get as much public input as possible. Over the coming months, the Council will be working with our Commissions and doing outreach at public events to get ideas from community members on what we should prioritize. Your input is strongly encouraged! Stay up to date with our news updates via winooskivt.gov.

Municipal Infrastructure

The Main Street Revitalization Project is targeting a construction start in the spring of 2022. Maintaining clear communication with residents and property owners during the project is a priority for the City. The Department of Public Works will be leaving door hangers with a request for contact information - you can receive future updates about the project by doing one of the following:

- If you have internet access, please complete the online info intake form at winooskivt.gov/mainstreet.
- If you do not have internet access, please call 802 734 0022 leave a voicemail with your name, street address, and daytime phone number.

Housing

The Housing Commission met recently to review current conditions around housing quality and discuss funding sources of the Housing Trust Fund. The Commission also reviewed a memo that will be sent to the Planning Commission identifying several strategies for using zoning to improve housing availability and how they might be relevant in Winooski. You can view Councilor Jim Duncan's full Housing Liaison Update at winooski.vt.gov.

Safe, Healthy, Connected People

The Safe, Healthy, Connected People Commission met in October to review the 2021 Myers Memorial Pool season summary. They also met in November during a joint meeting with the Municipal Infrastructure and Finance Commissions to discuss the FY23 Capital Plan. To view the minutes and documents from these meetings, visit winooski.vt.gov/agendacenter



For up-to-date guidance, visit
winooski.vt.gov/covid-19

COVID-19 Information

Masks and 6' social distancing are required by our staff and the public for all City of Winooski buildings, regardless of vaccination status. Please be sure to check the door signage located at any municipal building before entering to view the latest guidance. City staff and members of the public are not required to wear a mask outside in the course of work or during City-sponsored events/gatherings, unless it is not possible to maintain physical distancing, in which case masks must be worn regardless of vaccination status.

COVID-19 Testing

COVID-19 testing is available at the O'Brien Community Center (32 Malletts Bay Ave). Please visit winooski.vt.gov

covid-19 for up-to-date hours. Register at <https://vermont.force.com/events/s/selfregistration> (walk-ups are also welcome).

COVID-19 Vaccines

COVID-19 vaccination clinics remain open for people ages 5 and up. Please visit healthvermont.gov/myvaccine to schedule your appointment or find the next available pop-up opportunity. For current updates, resources, and municipal service information please visit winooski.vt.gov/covid-19.



Reminders from the City Clerk's Office

Please note, Winooski City Hall will be closed on the following days:

- ½ day December 23
- Full day December 24
- ½ day December 30
- Full day December 31

2021/2022 Winter Parking Ban Reminder

As a reminder, overnight street parking is prohibited in Downtown Winooski from 2:30am to 6am from December 1st to March 31st. For the rest of the City, winter parking bans are made on a case-by-case, weather-dependent basis or for area-specific snow removal where overnight street parking is prohibited from 11pm to 7am.

To receive up-to-date winter parking ban alerts, text 'Winooski' to 888-777 or register at nixle.com.

- When issued, bans may last more than one evening and are in effect until further notice.
- The City of Winooski reserves the right to tow vehicles at the owner's expense.



- Download our Downtown Winter Parking Ban map at winooski.vt.gov/parking.
- Landline users must retrieve their updates by calling the dedicated parking ban line at 802 655 3908.
- Winter parking ban signs (located on East Allen Street near the Exit 15 off-ramp and at the entrance to Winooski over the Burlington/Winooski Bridge) will flash when a winter parking ban is in effect.
- Overnight parking in the Winooski Parking Garage on Cascade Way is available for \$2 (pay at the kiosk or by ParkMobile app) from 6pm to 7am.
- If you have questions regarding winter parking bans, please call 802 655 6410 or visit winooski.vt.gov/parking
- If your vehicle has been towed, please contact Elite Auto and Truck Service and Sales: 802 497 0176

Community Services Updates



Recreation and Parks

winooski.vt.gov/rec

  @winooskirec

To view our full winter program offerings, visit us online at winooski.vt.gov/recprograms! Featuring a Youth Climbing Team Program, Friday Family Films, Cooking Programs, Indoor Soccer, Youth Boardgame Club, and more!

The Ice Rink in Rotary Park will also be returning – cold weather dependent!



Thrive After School

winooski.vt.gov/thrive

[f](#) [@thrivewinooski](#)

Thrive After School is a state-licensed, 3 STAR childcare/enrichment program that runs from 3–5:30pm Monday - Friday. We partner with WSD to provide a community where children in grades K-5 explore, learn, and grow during their after school hours. During Thrive, students engage with creative arts, STEM and Makerspace activities, literacy skills, cooperative and socio-emotional learning, outdoor play, and more.

Thrive costs \$19 per day enrollment or \$90 for full week. We accept state childcare subsidy as well as offer scholarships to families in need.

For full details and to sign up, visit winooski.vt.gov/thrive.



Winooski Memorial Library

winooski.vt.gov/library

[f](#) [@winooskilibrary](#)

Audiobooks, Ebooks, & More

Did you know that all Winooski Memorial Library cardholders have access to FREE online resources including audiobooks, ebooks, film streaming, language learning, educational and professional development courses, and more? Visit winooski.vt.gov/library or stop by the library for questions about access and/or additional information.

Citizenship Prep Class

We're excited to announce our partnership with USCRI Vermont to offer their Citizenship Preparation Class. This weekly program is open to any green card holder interested in practicing English literacy and civics education.

- Wednesdays from 10 - 11:30am @ the Winooski Memorial Library
- Free to join, open to adult green card holders 18+
- To register, contact Nancy Lindberg at nlindberg@uscrimail.org / 802 654 1704

Community Restorative Justice Circle

Join us on the third Thursday of every month for our Community Restorative Justice Circle. Facilitated by Kayla Loving, Restorative Justice Coordinator at Spectrum Youth & Family Services, the circle practice is one of the most well-known restorative justice practices. Eat together, share stories, and talk about what changes you'd like to see in the community.

If you have an interest in getting to know your neighbors on a deeper level, learning about restorative justice, and organizing for change in your community, consider joining us. Everyone is welcome. Interpretation can be provided if we are notified ahead of time.

- Wednesday, December 15 from 6 – 7pm.
- Free to join, open to all.

"Restorative justice is a philosophy and set of practices, rooted in indigenous teachings, that emphasize our interconnection by repairing relationships when harm occurs while proactively building and maintaining relationships to prevent future harm" (Amplify RJ).

Dad Guild Playgroup

Join the Dad Guild for an afternoon of play and connect with other parents, guardians, and caregivers - all are welcome regardless of gender identity! This event is free and open to all.

- Saturday, December 18 from 12:30 – 2pm
- Children 0-5; parents, guardians, and caregivers.

About Dad Guild: Founded in 2019, Dad Guild is a 501(c)(3) nonprofit

organization formed to create a supportive network for new fathers in the greater Burlington, VT region. They offer opportunities for dads to connect with one another, share their experiences, model positive father engagement, and advocate for parental equality.

English Conversation Group

We're excited to announce our partnership with USCRI Vermont to offer their English Conversation Group program! Join a weekly conversation group to practice English skills. Each week will have a different theme and new vocabulary to practice. Do you have a topic you would like to talk about? Join the conversation!

- Tuesdays 11am-12pm @ the Winooski Memorial Library
- Free to join, open to adults 18+

Library of Things

Did you know the library has a collection of nontraditional items available for loan to Winooski cardholders? We call this our "Library of Things" and it includes such items as birding backpacks, local museum and VT State Park passes, home and yard tools, board games, blood pressure kits, a telescope, and more! Stop by today and check-out something new.

Playgroup and Family Support

Join the Winooski Memorial Library and Howard Center for a fun playgroup for parents, caregivers, and young children ages 0-5. Every Tuesday we will meet at the Library from 12 - 1PM for activities such as reading stories, movement exercises, and sing-alongs. Adults will also have the opportunity to talk about child development or just chat. Come connect with your child and meet other families within your community!

For more information, please reach out to Kirsten Wilson, Children's Engagement Specialist: kwilson@winooski.vt.gov / 802 655 6424

STEAM Ahead Saturdays

Find us on Saturdays from 10 – 11am for our STEAM Activity hour. Each week will feature a new project for young learners that will engage the mind

and introduce participants to science, technology, engineering, art and math-based concepts!

This program is intended for youth ages 5 and up, however parents are encouraged to partake! Youth should attend in clothing appropriate for art projects.

Weekly Storytime

Join us on Tuesdays and Thursdays at 10am for our weekly storytime! We'll be reading our favorite books, singing songs, doing a little dancing, and sharing in fun! No registration required.

Virtual Dungeons & Dragons

Welcome to the world of cooperative narrative role play where the story is told by participant players! Build amazing worlds and learn all about collaborative storytelling through our series of information and gaming sessions. This program is designed for youth ages 10 - 18 and parents are welcome to participate. Join us via Zoom on Mondays 4 - 6pm (elementary) and 6 - 8pm (middle/high school). To sign up, call or email Josh Neilson, Youth Services Coordinator, at jneilson@winooski.vt.gov / 802 655 6424

Winooski Reads Book Club

The Winooski Library is excited to offer a chance to participate in our new Winooski Reads Book Club for adult readers (18+)! Join your friends and neighbors for a lively discussion of each month's selected title and share your thoughts, insights, and reactions to the book. Free to take part, email or call Nate Eddy, Library Director, at neddy@winooski.vt.gov / 802 655 6424



Winooski Senior Center

winooski.vt.gov/seniorcenter

[f @winooskiseniorcenter](https://www.facebook.com/winooskiseniorcenter)

The Winooski Senior Center is open on Tuesdays, Wednesdays, & Thursdays from 9:30am - 1pm. Join us for events and programs! Stay connected with us: 802 655 6425 - voice mail 24/7. Email us at: seniorcenter@winooski.vt.gov

TUESDAYS

Coffee Chat

Everyone is welcome to join us on Tuesdays from 10 - 11am as we gather and converse with community members. Coffee Tea, treats and great conversation will be served. FREE!

No program on Tuesday, 11/23.

WEDNESDAYS

Vintage Cafe - NEW!

We'll be hosting our Vintage Cafe every Wednesday from 10AM to Noon. Join us for coffee, tea, treats and great music. FREE!

More than a Meal: Free Meals for Seniors!

In partnership with Age Well, we are offering Older Vermonters (60+) a free nutritious meal every Wednesday. We want to continue to support you being well at home and provide you with an opportunity to stay connected to your community while enjoying a healthy and deliciously prepared meal, and some goodies from us! Pick up between 10am - Noon at the Center. Reservations must be made by Noon the Friday before the scheduled Wednesday meal. Please call us at 802 655 6425 or email us at seniorcenter@winooski.vt.gov for the weekly menu and to register for this program.

THURSDAYS

Coffee Chat

Join us from 10-11am as we gather and converse. Coffee Tea, treats and great conversation will be served. FREE!

Fun & Games - NEW TIME

Do you like to play Cribbage, Scrabble, Card Games, Wii Bowling, or Ping Pong? We've got it all and more! Join us from 11am - 1pm for tons of fun, conversation and snacks. FREE! Note: No programs on Thursdays: 12/23 & 12/30.

SPECIAL EVENTS

Holiday Meal -

Wednesday, December 15th

Thanks to Age Well, we will be able to provide a free "Grab-N-Go" Holiday Meal to Older Vermonters (60+). You must have a reservation and be registered to receive a meal. RSVP by 12/10 at noon. Pick up at the Senior Center on Wednesday, 12/15 10am - Noon. Call us at 802 655 6425.

Holiday Open House Party - Wednesday, December 22nd

Join us from 10am - Noon for a fun time! Music, treats and a Yankee Swap!

Bone Builders - Mondays and Wednesdays at 2 - 3pm - NEW TIME!

RSVP Bone Builders is designed to prevent (and even reverse) the negative effects of osteoporosis. The program is based on research conducted and published by Tufts University which shows that strength training just twice a week dramatically reduces the risk of fractures due to the disease. Bone Builders classes fill a vital need for regular physical exercise as well as increased social interaction, both well-known components of healthy aging.

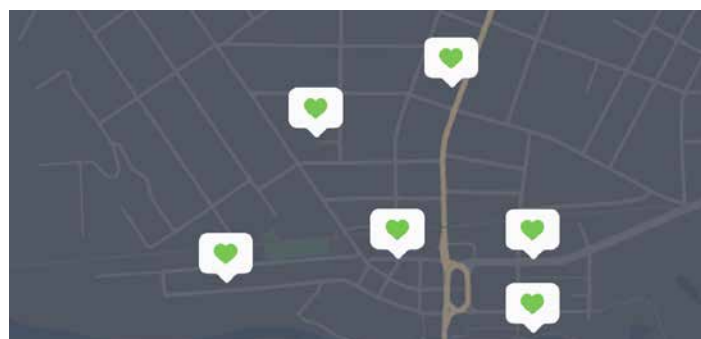
Meals on Wheels

If you know of an older Vermonter who has special nutrition requirements or is having difficulty with meal preparation, please call Age Well at 802 863 0360 to find out the eligibility requirements. No one is denied meals due to an inability to donate. Volunteer drivers are always needed.

Shop and spend time locally this year!

By Meredith Bay-Tyack, Executive Director, Downtown Winooski

There's excitement (and a chill) in the air... the holidays are such a fun time to spend with family and friends. Winooski has what you need right in town. Make your reservations and buy gift cards at your favorite restaurants and bars. Book your salon appointments. Check out Winooski's unique retail locations and grocery stores for special spices and goodies. We are so lucky to be in a community that values small businesses and shows up for them day after day. This year celebrate your favorite local businesses and discover new favorites on Small Business Saturday, November 27, 2021 and throughout the season. Check out www.downtownwinooski.org or follow us on social media @downtownwinooski to find out more details about what your neighborhood businesses are up to! Plus we'll be offering up some fun giveaways for those of you who pledge to shop small!



Winooski Holiday Pop Up Shops

It's time to "Party while you shop and shop while you party!" The most fun (but we're biased) and unique holiday shopping experience is here. Join us for the 9th annual Winooski Holiday Pop Up Shop on **Thursday December 2, 2021 from 5-9pm!** This fun night started at The Monkey House but now includes venues around Winooski including The Archives, Autumn Records, Scout + Company, Four Quarters Brewery, Mule Bar, Sneakers Bistro, Waterworks and more. The pop up brings businesses, local artists and shoppers together for an unforgettable night in downtown Winooski. Plan ahead and make your reservations at your choice of Winooski restaurants or place your takeout order to pick up and enjoy at home ...



while you admire what you bought from local retailers and makers! Thank you to our presenting sponsor Barr Hill. Get all the details at www.downtownwinooski.org/PopUp, and join the Facebook event: <https://fb.me/e/13bvqqjUY>.

Looking ahead to 2022

We can't wait to keep making magic in Winooski in the new year. If you are interested in volunteering or you want to find out about any of the annual events coming up in Winooski in 2022 including the Centennial Celebration, Art Walks, Winooski Farmers Market, French Heritage Day, Juneteenth, Winooski Wednesdays, Halloween in Winooski and more, we would love to hear from you! Email info@downtownwinooski.org or drop us a note on social media!

Did you know?

Downtown Winooski is a non-profit here to help businesses and the community build a welcoming, inclusive and thriving city. If you want to learn more about what we do, please visit <https://downtownwinooski.org/support-our-work/> or set up a time to speak with our Executive Director, meredith@downtownwinooski.org.

YOUR LOCAL MEDIA

Watch local programs, regional events, and municipal meetings on cable TV and online. Learn how to make your own community media.



- MEDIAFACTORY.ORG + CREATE Channel 15 (BT), HD 215 (BT), 1074 (Comcast), LEARN Channel 16 (BT), HD 216 (BT), 1094 (Comcast)
- CH17.TV + Channels 17 (BT), HD 217 (BT), HD 317 (BT), 1087 (Comcast)



Winooski Food Shelf Schedule for December

By Linda Howe, Winooski Food Shelf Coordinator

Wednesday, December 1st	1:00pm to 3:00pm	Pantry staples, veggies, eggs, meat, diapers
Saturday, December 4th	9:30am to 11:00am	Veggies, deli, bakery, meat, eggs, diapers
Wednesday, December 8th	1:00pm to 3:00pm	Pantry staples, veggies, eggs, meat, diapers
Saturday, December 18th	9:30am to 11:00am	Veggies, deli, bakery, meat, eggs, diapers

The Holiday Season is here! Thank you to everyone who has volunteered or donated to the Winooski Food Shelf over this past year. You are the reason we can make the Season brighter for so many families. Currently, we are providing 2 to 3 days' worth of food to over 800 Winooski residents each month. This is a huge undertaking and we could not do it without your generous support. Wishing you all a joyous Holiday Season!

Food Shelf Policy: Winooski residents coming for the first time should bring proof that you live in Winooski such as a utility bill or rental lease. Winooski residents may access the pantry staples one Wednesday each month. They may also come both Saturdays to stock up on bread, pastry and some fresh fruits and veggies. Shaw's in Colchester and

Winooski's own Commodities Natural Market help supply Saturday's food.

Where to find us: The Winooski Food Shelf is located in the United Methodist Church at 24 West Allen Street. We do not provide rides so please bring a wheeled cart or suitcase and some bags to lug your food home. The church phone number is 802-655-7371

Cash donations needed: The Food Shelf is growing rapidly. More and more of the food must be purchased since donations of food items cannot meet demand. Checks can be mailed to: The Winooski Food Shelf, P.O. Box 53, Winooski, VT 05404. You may also donate at winooskifoodshelf.org.

Donation Drop Off Locations: Please do not leave food on our doorstep when we are closed. Instead,

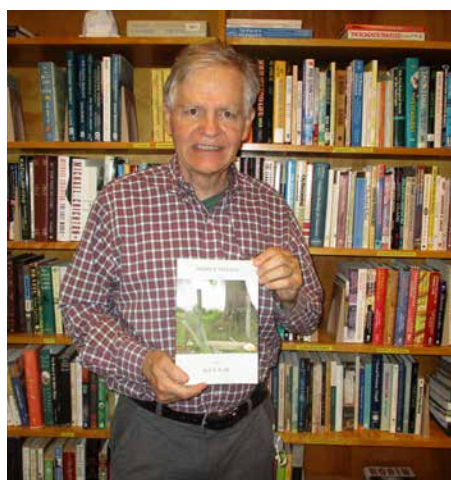
please bring **unexpired and unopened** food donations to: Commodities Natural Market, 65 Winooski Falls Way, phone: 448-3340 or to J & J's Corner Market, 12 Malletts Bay Avenue, phone: 802-654-8003. **We especially need toiletries: toothpaste, tooth brushes, deodorant, shampoo, disposable razors and toilet paper.** Thank you for caring about our neighbors!

Food Shelf Volunteers Needed

If you have some free time and would like to do some pickups and deliveries, pack food boxes, set up for food shelves or serve our clients, please reach out to us at our e-mail address: winooskifoodshelf@gmail.com. We especially need help serving clients on Wednesdays. Volunteers should be able to lift 25 pounds.

Local Author Loves His Time at Our Lady Of Providence

Text and photo by Gail Callahan



Jack Scully seamlessly blends roles as an author, husband, father and volunteer.

Scully, of Colchester, crossed the threshold of Our Lady of Providence nearly five years ago. He loves spending his time at the facility, meeting and speaking individually with residents. "I love the one-on-one interaction with people, some who are lonely and isolated," Scully said.

Scully walks through OLOP's hallways, engaging residents. He starts his volunteer day early Wednesday afternoon, staying for hours.

He has a knack for knowing when a resident could benefit from a conversation. He listens intently, sprinkling questions into the chat.

Scully's new tome, *Mianus Village*, is published by Connecticut-based

publisher, Antrim House, and costs \$18, Scully said. The book of poems birth from Scully's childhood home in Connecticut, where he grew into adulthood at a VA Housing Project that welcomed returning World War II GIs.

"This is my second book," Scully said. "There are 36 poems published, and my publisher liked it."

Scully recently returned from a book tour in Greenwich, CT., where he spoke in front of an all-male retirement organization.

Happy Holidays from the Winooski Partnership for Prevention!

By Jane Henderson, Grants Manager

As we approach the end of the year, we are taking a moment to look back at some of our favorite moments from 2021. Thank you to all the community members who joined us for one of our Winooski Clean-Up Days or Take-Out Community Dinners. As a team, we were able to clear the Main Street pathway to school of substance debris (primarily, cigarette butts). Through our community dinners, we were able to share over 350 free meals with community members. And through a collaboration with the City of Winooski and the Winooski Police Department, we were able to collect 152 pounds of unwanted prescription medication as part of our Winooski Take-Back Day – an ongoing effort to ensure that youth are safe at home. It is such a joy for us to think on these events and we are excited to share that we will have much more coming up in the next year.

Plan for the Holidays

The holidays can be hard. As more of the world opens again, many of us may be separated from our loved ones this season. We're looking to enter 2022 as happy and healthy as possible and that



is why we'll be planning for this holiday season. We're taking time to identify any situations that might encourage us or people we care about to use substances and are creating a list of alternative safe activities. Some of our favorites: getting outside, starting a new book, watching a movie, or playing games with loved ones. If you are looking for assistance during this time, we are happy to connect you with free resources in Vermont

(healthvermont.gov is a great place to find quit links). Please reach out to us at info@winooskiprevention.org or visit our website.

Looking at 2022

We've got a lot coming up in 2022 that we're excited to tell you about. We will be hosting free take-out community dinners throughout the year. The best way to hear about meals coming up is by signing up for our newsletter at winooskiprevention.org. We will also be working on several projects with WSD Above the Influence students that center around eliminating substance advertising that targets youth and populations within in Winooski who have been historically disenfranchised. Lastly, we're excited to announce that we'll be working with local case workers to provide free prevention kits to people who might want them (with an emphasis on new parents). We can't wait to share these resources with each of you.

We are so grateful to have stayed connected with you throughout the last year and we're hopeful that we'll have many more chances to do so in the next. Happy holidays and see you in 2022!

Celebrating Sober

By Denise Vignoe, Director of Development and Communications

We send our good wishes to all for their seasonal celebrations and offer resources to help our communities celebrate sober. If you or a loved one need support, Howard Center's main number is 802-488-6000 or our 24/7/365 First Call for Chittenden County crisis line is available at 802-488-7777.

Help is here 24 hours a day, every day.

Tips for Celebrating Sober

- 1. Plan Ahead:** Identify potentially stressful situations ahead of time. Recognize that even some happy situations may cause someone to overindulge.
- 2. Plan activities that don't**

involve alcohol or drugs: Choose to spend time with friends who want to celebrate substance-free.

3. Take care of yourself: Be sure to get enough sleep, eat well, and exercise.

4. Plan an exit strategy: Understand your transportation options and know where you're staying, so if someone offers you a drink and asks why you're refusing,



you can exit gracefully.

5. Find a supportive crew: It's important to have people who know your story, and to know that you can talk to them if things get tough.

Visit our website at <https://howardcenter.org/celebrate-sober/> for a list of resources; including videos and articles about substance use; and a listing of local, state, and national resources.

Wishing you a safe and joyous holiday season.

Celebrate Sober!



howardcenter.org



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IMPORTANT NUMBERS IN WINOOSKI

WINOOSKI SCHOOL DISTRICT

www.wsdvt.org

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John F. Kennedy Elementary School

Principal: Sara Raabe
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Winooski Middle and High School

Co-Principals:
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CITY OF WINOOSKI

www.winooski.vt.gov, 802-655-6410

Mayor

Kristine Lott: 802-766-1988
klott@winooski.vt.gov

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Phoebe Townsend, ptownsend@winooski.vt.gov
Jon Rauscher, jrauscher@winooski.vt.gov
802-655-6410

City Councilors

Hal Colston, 802-922-2908, hcolston@winooski.vt.gov,
James Duncan, 802-310-7103, jduncan@winooski.vt.gov
Mike Myers, 802-355-5348, mmyers@winooski.vt.gov
Bryn Oakleaf, 802-448-2966, boakleaf@winooski.vt.gov

City Clerk

Carol Barrett, 802-655-6410, cbarrett@winooski.vt.gov

Winooski Police

Emergency: Call 9-1-1, Non-emergency: 802-655-0221

Winooski Fire Department

Emergency: Call 9-1-1, Non-emergency: 802-655-6420



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